

Stop the spread of germs that make you and others sick!

Cover your Cough

Cover your mouth and nose with a tissue when you cough or sneeze



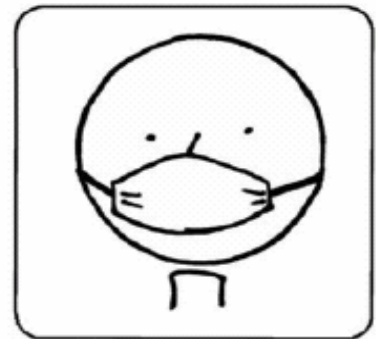
or



Put your used tissue in the waste basket.

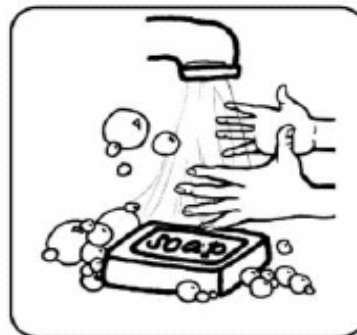


cough or sneeze into your upper sleeve, not your hands.



You may be asked to put on a surgical mask to protect others.

Clean your Hands after coughing or sneezing.



Wash with soap and water
or
clean with alcohol-based hand cleaner.

(Thanks to the Minnesota Department of Health for generously sharing this poster.)

